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## Polar bears have evolved quickly, research shows

**CLIMATE** Research suggests polar bears have evolved more quickly than previously believed.

The discovery creates new questions about the adaptability of the animals as their habitat warms up due to climate change.

Scientists studying DNA from fossils found in Norway have determined that polar bears developed into their own species about 150,000 years ago — much more recently than the six million years some researchers believed.

It also means that the bears survived the last interglacial period, a time that also saw warm temperatures in the Arctic.

THE CANADIAN PRESS

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**Health&Beauty**  
A Metro special focus — spring into a new you, pages 13-14  
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Four-man bobsled bronze medallist Chris Le Bihan, left, meets infant son Beau for the first time and shows his medal to wife Naomi in Calgary yesterday after arriving from the 2010 Vancouver Winter Games. The baby was born during the Olympics.

# A Games well played

Only 1% of Canadians unhappy with medal results: Poll

## VANCOUVER 2010 Games

**Canadians are waking up after their success at hosting the 2010 Winter Games with something akin to post-coital bliss, a Canadian Press-Harris Decima survey has found.**

The poll suggested that of the more than 1,000 people polled between Thursday and Sunday, almost no one — only one per cent — was unhappy with the performance of Canada's athletes.

Of those polled, 65 per cent said they were "very satisfied" and the rest were merely satisfied.

But the poll also indicated that as euphoria fades, the resolve to bask in the love affair could weaken as the federal government and the provinces begin introducing what are expected to be cost-cutting budgets in the days to come.

British Columbia tables its budget today and the federal government releases its budget on Thursday. Doug Anderson, a senior

vice-president with Harris Decima, said the satisfaction numbers regarding the Canadian athletes are virtually unheard of. And many of those responses were gathered even before the Canadian men's hockey team won the gold medal in overtime Sunday.

"I can only imagine that if we started to do the interviewing after Sidney Crosby scored that goal, the numbers only get better," Anderson said. "I can't remember a time when as many Canadians felt as good about the same thing

at the same time."

The closing ceremonies Sunday wrapped up an unprecedented two-week period that saw Canadians flood onto Vancouver streets, creating a red-and-white human tapestry of patriotic clothing, flags and face paint.

By yesterday morning, the streets were being swept clean, the airport was clogged with travellers and politicians at all levels of government were talking about how to maintain the nationalist momentum.

THE CANADIAN PRESS

## Bus drivers get final say on strollers, wheelchairs

**TRANSIT** OC Transpo drivers will remain the ultimate judges of disputes between strollers and wheelchairs over space at the front of the bus, after the city's transit committee voted against giving them more direction.

The committee rejected a recommendation that "maximum tolerance" be given by drivers to bending the rules in

favour of letting passengers on, unless safety was compromised.

"I see the operator as being the captain of a ship here," said Coun. Rainer Bloess.

"He or she has a responsibility to manage the space on it, to try to manage the passengers."

OC Transpo GM Alain Mercier recommended relying on driver discretion, but admitted it makes rider experiences unpredictable: "What may be practical for a customer one day with one operator may be quite different the next day with the same customer with a different operator, and that is the reality we live with."

STEVE COLLINS/  
FOR METRO OTTAWA



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## Transit route supporters go unheard

Committee decides against listening to presentations in favour of Route 245

 STEVE COLLINS  
for Metro Ottawa

**Ottawa's transit committee yesterday refused to hear from residents trying to stop cuts to OC Transpo's Route 245.**

During budget deliberations, council decided to eliminate service south of Manotick next month because of low ridership. The cut is expected to save \$25,700.

The transit committee voted against making an exception to procedural rules and hearing the petitioners.

Coun. Jacques Legendre, who was among the nays, said that while 170 people had signed a petition, as few as four people actually ride the bus.

"If that many people really want the service, maybe they should buy a bus pass (and) the service would not have been cut,"

he said.

Ridership figures are in dispute, said transit chairman Alex Cullen, who had introduced the motion to hear the petitioners.

"This matter came up during the budget without notice to that community," Cullen said, "and so the community is saying, 'Wait a sec, give us a chance to talk to you about it, we think we have a viable route here,' and it's unfortunate that this committee

wouldn't hear it."

Several residents who had arrived with prepared presentations expressed frustration both at the route cut and at not getting a chance to address the committee.

They included former freestyle skier Mike Nemesvary, who uses an electric wheelchair and whose partner and caregiver doesn't drive.

"This is our lifeline," said Nemesvary, who won three

World Cups before a 1985 training accident left him a quadriplegic. "This is the only option we have for public transportation as a couple."

He received the key to the city in 2003 for activism on behalf of the disabled.

"A lot of people ask, 'What does the key open?' and now I can say nothing, not even the eyes and the ears of councillors on an important issue," he said.

## Report says service animal bylaw OK

 STEVE COLLINS  
for Metro Ottawa

**TRANSIT** The city's bylaw for guide dogs and other service animals aboard public transit doesn't need any improvement to comply with federal or provincial regulations, a staff report stated.

The transit committee received a report from city solicitor Rick O'Connor, which noted that provincial laws do not apply to OC Transpo because it operates in both Ontario and Quebec, and so is regulated federally.

Catherine Gardner, chair of the city's accessibility advisory committee, said that while she supported the report's conclusions, she still saw room for improvement.

Gardner, who travels with a guide dog herself, worried that the current rules, under which a doctor's note can be enough to let service animals on-board, might be too lax.

"It does scare me that other dogs may be going on the buses that do not have training, that do not have a licence and that may not have up-to-date vaccinations," she said.



Milad Naim, left, from the Lucky 7 Sports Bar in Embrun, checks out John Bekings' eggs produced at Bekings Poultry Farm in Oxford Station during a farmer-chef meet and greet organized by Savour Ottawa at the Fairmont Chateau Laurier yesterday.

## Farmers, chefs meet and greet

 TIM WIECLAWSKI  
tim.wieclawski@metronews.ca

**LOCAL FOOD** John Bekings sells around 100,000 eggs every week.

Every single one of those eggs stays within 100 kilometres of Bekings Poultry Farm in nearby Oxford Station.

"I'm about as local as you can get when it comes to chicken farming," Bekings said yesterday at Savour Ottawa's fourth annual meet

and greet for farmers and chefs at the Fairmont Chateau Laurier yesterday.

The event is intended to help local farmers meet up with local chefs with the aim of having more locally produced food available in restaurants in Ottawa.

"In the beginning, we called it speed dating for farmers," said Savour Ottawa co-ordinator Heather Hossie. "They meet a lot of people in a condensed period of time."

Despite a solid network of

around 90 restaurants and markets in the region buying his eggs, Bekings set up a booth at the event as an opportunity to connect with his customers.

Acorn Creek Garden Farms owner Andy Terauds said the speed dating comparison was spot-on.

The meet and greet is held this time of year, said Terauds, so farmers have time to adjust what crops they plan to grow with whatever deals were made yesterday.

## Suspects arrested in debit machine fraud

**FAST FOOD** Gatineau police arrested several suspects following a debit machine fraud at a McDonald's fast food establishment last week.

Police said yesterday three men entered a McDonald's at 378 Maloney Blvd. just before midnight on Thursday and ordered food.

While the employee was getting the order, a debit machine was switched and replaced with one designed to store debit numbers.

The suspects then left the store, only to return the next day, when the machines were switched again.

Police are crediting a store employee for vigilance in catching onto the scam. The employee reported the incident to the police, who later arrested three suspects.

Elie G. Samara, 19, and Kambiz Pedran, 20, of Montreal, appeared in Gatineau court yesterday to face charges of theft, fraud and possession of instruments for the purpose of fraud.

A 22-year-old man will appear in court at a later date, while a 16-year-old girl was released without charges.

In an effort to fight fraud, Gatineau police are reminding employees at establishments to be vigilant with their debit machines, and to check them several times a day to prevent fraud.

TRACEY TONG/METRO OTTAWA

## News in brief

**ROBBERY** Ottawa police seek a suspect after a Shoppers Drug Mart in Kanata was robbed Sunday night. Shortly after 9 p.m., a man entered a store at 420 Hazeldean Rd. and fled with an undisclosed

amount of cash.

**SEX ASSAULT** Police are investigating a sexual assault after a 20-year-old woman was attacked in the ByWard Market area on Sunday night. The victim was walking on St. Andrew

Street when she was knocked to the ground and inappropriately touched.

**150TH BIRTHDAY** Today, the city's corporate services committee will consider creating an organizing committee for

Canada's 150th anniversary in 2017. The motion suggests that the organizing committee consist of representatives from the community, the tourism industry and federal and provincial agencies.

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**Hospital gets \$10 million for robotic surgical system**

Toronto's Hospital for Sick Children is getting \$10 million from the federal government to develop the KidsArm robotic surgical system. KidsArm is an image-guided medical robot designed for pediatric patients. **THE CANADIAN PRESS**

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# Canada



## Cop violated ex-NHLer's rights, court hears

A lawyer for Rob Ramage is telling Ontario's top court that a police officer wilfully and deliberately violated the former NHL player's Charter rights. Ramage was found guilty in 2007 on several charges including impaired driving causing death in a crash that killed his friend, fellow former NHLer Keith Magnuson. Ramage's lawyer, Brian Greenspan, argued before the Court of Appeal for Ontario yesterday that the police officer seized a urine sample from Ramage without his informed consent. **THE CANADIAN PRESS**

## Whitby, Ont. Feet of Flaherty



Finance Minister Jim Flaherty, left, removes his shoes to try on a pair at a store as shop owner Gary Barton looks on in Whitby, Ont., yesterday ahead of this week's federal budget.

## Despite a national deficit, their travel comfort's on you

**Federal politicians aren't letting a record deficit stop them from jetting around the globe in style.**

MPs and senators from all parties are proposing to spend almost \$1.5 million in taxpayers' money in the next fiscal year to attend meetings in such exotic locales as Swaziland, Seychelles, Trinidad, Kenya, India and Indonesia.

And with sky-high airfares of up to \$10,500 each, they don't appear to be planning to fly economy — or shopping for the lowest price.

Details of the planned excursions are contained in the draft budgets for the Inter-Parliamentary Union

and the Commonwealth Parliamentary Association, obtained by The Canadian Press. They are just two of a dozen parliamentary associations to which federal politicians belong.

The IPU is asking for \$870,366 and the CPA for \$605,818 — most of it for international travel. Both budgets must still be approved by the Joint Inter-parliamentary Council, which is overseen by the Speaker of the House of Commons and the Senate's internal economy committee.

The IPU budget provides the most detail, including estimated airfares for each of its 16 international trips

### Hey, big spender...

• The ticket prices seem very high, even for business class. The Canadian Press was able to find business or executive class fares for \$3,600 to New Delhi, \$8,700 to Jakarta and \$3,000 to Vienna — more than

\$1,000 less than the IPU's estimates. And while politicians often say business class is justified on long flights, \$2,500 to make the short hop to New York is several times the cost of an economy class ticket.

planned for the 2010-11 fiscal year. For instance: \$10,500 to Jakarta and New Delhi, \$5,000 to Vienna, \$7,000 to Geneva, and \$2,500 to New York.

The proposed fares don't appear to take into account the fact that many of the trips are months away — some as much as a year away. **THE CANADIAN PRESS**

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## Syncrude failed to protect fowl: Lawyer

**OILSANDS** Prosecutors say Syncrude Canada was the only oilsands company that failed to deploy noise cannons when 1,600 ducks died on one of its tailings ponds in northern Alberta two years ago.

Provincial and federal prosecutors also contend Syncrude workers respon-

sible for deploying the noisemakers were not working that day in April 2008.

"Other companies in the area had deployed their bird deterrent devices," Alberta Crown prosecutor Susan McRory said yesterday at the start of the trial.

**THE CANADIAN PRESS**

## Vancouver Among the wildlife



Czech Republic Olympic team staff members Jaroslav Lucan, left, and Tomas Lucan pose for photographs with a beaver and moose mascot as they wait to check in for their flight home at the Vancouver International Airport in Richmond, B.C., yesterday. The airport expected to have its busiest day ever with about 58,000 people passing through as athletes and visitors head home.

### News in brief

**MEMORIAL** A scholarship and bursary program has been established in the memory of the 17 victims of the crash of Cougar Flight 491 off Newfoundland last year.

**BUDGET** Stephen Harper got lots of practice saying "no" during preparations for Thursday's federal budget. With the government looking to trim a record \$56-billion deficit, the prime minister says he and Finance Minister Jim Flaherty have spent more time working on this budget than any other. But Liberal Leader Michael Ignatieff says the budget should say yes when it comes to measures that will create jobs.

**THE CANADIAN PRESS**

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Sarah, Duchess of York

CARE Ambassador

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# World



## Everybody gets naked

About 5,200 naked people embraced each other on the steps of Sydney's iconic Opera House yesterday for a photo shoot by Spencer Tunick. Tunick, who is known for his nude group photos in public spaces, posed participants for more than an hour in a variety of positions.

**THE ASSOCIATED PRESS**

## 'Emergency without parallel'

Chile rescuers find signs of life in quake-toppled building; death toll rises

**Rescuers found signs of life in the wreckage of a 15-story building yesterday as the world offered aid to victims of an earthquake that killed more than 700 people. Looters roamed the streets even after troops and police arrested dozens of people for violating a curfew.**

The toll of dead rose to 723, with 19 others missing, the National Emergency Office announced, in a magnitude-8.8 quake that President Michelle Bachelet called "an emer-

gency without parallel in Chile's history."

Some coastal towns were almost obliterated — first shaken by the quake, then slammed by a tsunami that carried whole houses inland and crushed others. Shocked survivors were left without power, water or food.

In Concepcion, the biggest city near the epicentre, rescuers heard the knock of trapped victims inside a toppled 70-unit apartment building and began to drill through

### Mining OK

• Canadian mining companies with operations in Chile aren't reporting any damage from Friday's earthquake, but some say damaged infrastructure could make it difficult to get supplies. Some of Canada's biggest mining companies have operations in the South American country.

thick walls to reach them, said fire department Commander Juan Carlos

Subercaseux.

Firefighters had already pulled 25 survivors and nine bodies from the structure.

Electricity was still out, however, water was scarce and looters re-emerged at dusk despite beefed up security.

Dozens of people sacked stores selling food, clothing and drugs, fleeing when police appeared to drive them away. Some struck gas stations, stealing cash from attendants.

**THE ASSOCIATED PRESS**



Flooded houses and cars are seen in La Faute sur Mer, on France's Atlantic coast yesterday.

## Dozens dead after European storm

**FRANCE** Thousands of firefighters and other rescue workers searched house by house yesterday along France's devastated Atlantic coast, trying to help those still stranded by a storm that smashed sea walls and killed at least 62 people across western Europe.

The storm, called Xynthia, blew into France early Sunday with hurricane-force winds, flooding ports, destroying homes and leaving 1 million households without electricity.

It also battered Belgium, Portugal, Spain and parts of Germany and snarled train and air travel throughout the continent.

French President Nicolas Sarkozy toured the worst-hit areas yesterday, the coastal regions of Vendee and Charente-Maritime, and pledged \$4 million US in emergency aid.

Regional officials clamoured for France to quickly

reinforce its aging sea walls.

About half the French death toll of 51 was attributed to the breach of the sea wall off the coastal town of L'Aiguillon-sur-Mer, where ocean waters surged up to the roofs of some homes.

The spokesman for France's emergency services, Lt. Col. Patrick Vailli, said nine other people were still missing and scores more were wounded.

The storm also caused six deaths in Germany — including a two-year-old boy who drowned after he was blown into a river. Three people were dead in Spain, and Belgium and Portugal had one fatality each.

"It is a national disaster, a human drama with a terrible death toll," Sarkozy said. "The urgent thing is to support the families who have members missing or dead."

**THE ASSOCIATED PRESS**

### Zundel released from prison

**GERMANY** Far-right German activist Ernst Zundel was freed yesterday after serving five years in prison for denying the Holocaust ever happened. The 70-year-old had been extradited in 2005 from Canada, where he spent additional time behind bars on the German warrant after having been deported from the U.S. Zundel was convicted on 14 counts of inciting hatred for anti-Semitic activities, including contributing to a website devoted to denying the Holocaust — a crime in Germany.

**THE ASSOCIATED PRESS**

### News in brief

**AUTO** General Motors says it is recalling 1.3 million compact cars in the Canada, the U.S. and Mexico to fix power steering motors that can fail. Models covered by the recall include 2005 to 2010 Chevrolet Cobalts, the 2007 to 2010 Pontiac G5s, 2005 and 2006 Pontiac Pursuits sold in Canada and 2005 and 2006 Pontiac G4s sold in Mexico. GM says the vehicles are safe to drive and never lose steering, but they may be harder to steer when travelling under 24 kph. The automaker is getting parts to replace the electric power steering motor.

**THE ASSOCIATED PRESS**

### India Colourful Holi-day



Thousands of people dance as coloured water pours on them during Holi festivities in Gauhati, India, yesterday. Holi, the Hindu festival of colours that also heralds the coming of spring, is being celebrated across the country.

## Berlusconi OK's corruption crackdown

**ITALY** The Cabinet of Italian Premier Silvio Berlusconi proposed legislation yesterday to keep politicians out of Parliament if convicted of embezzlement, bribery or other forms of corruption after scandals hit a top aide and politicians in his party.

One of his closest associates, the chief of the nation's disaster relief agency, has come under investigation in a probe of public contracts for construction before last year's Group of Eight summit in Italy.

The aide, Guido Bertola-

### On trial himself

• Premier Silvio Berlusconi, who himself is on trial in a bribery case and who denies wrongdoing, recently promised the crackdown.

so, who also oversaw disaster aid after last year's earthquake in L'Aquila, denies he did anything wrong as part of running G8 preparations.

Meanwhile, a senator from Berlusconi's conservative party, suspected by prosecutors of having a role in money laundering

for organized crime, resigned yesterday.

Nicola Di Girolamo, a member of the premier's conservative Freedom People's party, represents Italians living abroad. Rome-based organized crime prosecutors alleged that Di Girolamo was elected with falsified ballots of Italian voters living in and around the German city of Stuttgart.

The alleged fraud was purportedly arranged by the 'ndrangheta, a southern Italian crime syndicate with a solid base in Germany.

**THE ASSOCIATED PRESS**

## Coal miners trapped in China

**CHINA** Rescuers worked to save 31 coal miners trapped underground by a flood early yesterday in northern China, state media reported.

Although China's mine safety record has improved in recent years, it is still the deadliest in the world, with blasts and other accidents common.

Rescuers pumped water from the Mt. Camel Coal Mine in Wuhai city in the northern region of Inner Mongolia, where the flood trapped the miners earlier in the day, the official Xinhua News Agency said.

An initial investigation

showed 46 of the 77 miners working in the flooded pit were rescued and 31 remain trapped, it said.

An earlier report posted on the Chinese Work Safety Administration Web site said 44 people were missing.

According to China's Work Safety Administration, 2,631 people died in coal mine accidents in 2009.

Many were blamed on lax safety methods and poor training as mining companies scramble to feed the country's voracious demand for coal.

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Litany of complaints in embattled Marjah prove 'hearts and minds' will be elusive. Scan this code for the story.



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# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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## Comment

# PM basks in the glow

## NationalReport

Lawrence  
Martin

metronews.ca/nationalreport

The spectacular Canadian performance at the Winter Olympics could not have come at a better time for Stephen Harper. It's the biggest feel-good story since the 1972 Canada-Russia hockey series. The Games turned public attention fully away from the political shenanigans of the governing party in suspending Parliament.

Harper was at the Games, trying as best he could — as any politician would — to share in the spotlight.

The euphoria should pay off in a handsome bounce for him in the polls, though there is no guarantee. Our 1972 triumph over

the Russians did not produce a political benefit for the Trudeau Liberals. They came within a hair of losing the election that took place right after the series.

There will be an irony of sorts if Harper gets a big boost from the Olympics. The big rap against him is that there is no sportsmanship in the games he plays, no demonstration of Olympic ideals. He runs from the field when the opposition gets tough. He head-butts opponents. He repeatedly

throws away the rulebook. If politics were an event in the Games, the Olympic movement would have had Harper expelled long ago.

On that note, it is to be hoped that the prime minister, as well as opposition leaders, learned something from the way in which our athletes comported themselves. They showed how you can win with hard work and an honest and honourable effort.

Parliament finally returns this week. Our MPs have been on vacation for much of the last year and a half. In 2008, from June until into the new year, Parliament sat only two weeks. Last year, it had its traditional three-month summer break and, more recently, starting in December, it had another three-month break. If our Olympians took this much

time off they would never win anything.

Tomorrow, there's the speech from the throne, likely the last from Gov. Gen. Michaëlle Jean, whose term expires in the fall. The budget from Finance Minister Jim Flaherty follows Thursday.

Among the reasons offered for the shutdown of Parliament was the need for time, the Conservatives said, to "recalibrate." But don't look for anything too exciting from the recalibration exercise. The budget will likely be a stabilizing effort that holds off on more stimulus spending in order to keep the deficit in check.

The Conservatives will contend that they have the country on the right track. They will want, though they play a different sport in a different way, to bask in the Olympic glow.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Stephen Harper



## Views

# Tiger Woods witch hunt is a hypocrisy

## InStep

Christine  
Williams

So, Tiger Woods is a big time cheater. He may even be a sex addict. Although disappointing, I'm still befuddled by the intensity of public outcry that screams hypocrisy.

Sadly enough, affairs are common among us. Virtually all of us know at least one person who has been cheated on. The only difference is that Woods had an astounding 13 alleged mistresses, and he sports more than a great golf swing. His squeaky clean, family man look had us all deluded. We

were fooled and now we're mad as hell.

I'm curious though, about what number of affairs makes infidelity publicly acceptable.

Among celebrities, infidelity is fashionable and no one really knows who holds the highest infidelity score. Even among the general public, it's difficult to acquire infidelity statistics because it's done in secret and most people wouldn't want to admit to it.

One thing we do know: There are discreet affairs. The Ashley Madison infidelity dating site boasts of almost 2.5 million members, carrying the slogan, life is short, have an affair.

Seducing temptations are in bumper-crop supply, fed by luring images on the Internet, TV, magazines, and derogatory slogans about

the dreary old man, the old lady, and the seven-year itch. Sadly enough, affairs are highly glamorized. Many among us have fallen into temptation and now we're throwing Woods under a bus.

Part of our strong reaction to Tiger Woods could be a reflection of our better conscience, a projection of our own disappointment toward the ultimate relationship betrayal. So we beat up on Woods — a distant, safer target. This way we get to vent away the steam from our own encumbrances. If this is the case, it can be quite cathartic.

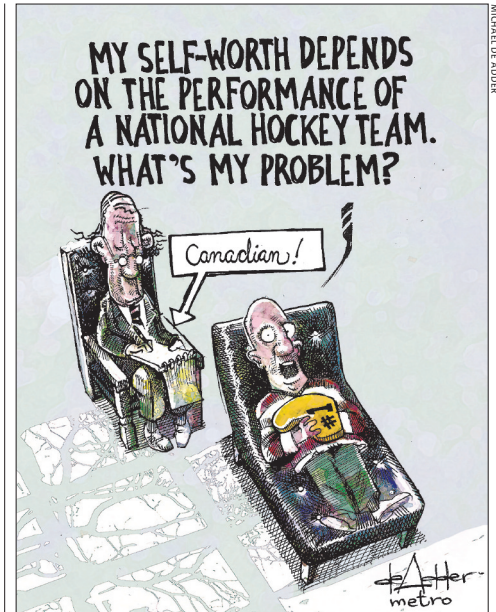
Also, we habitually hunt for role models in the performance world when we need to be discovering them in our own backyards, i.e., at home, schools,

and religious institutions.

What's even more disturbing than Woods is the recent headline about the two Manitoba teachers who performed a gross bump-and-grind lap dance in front of shocked high school students.

So while Woods is being carried away in the witch hunt because he disappointed people's fantasies about who they wanted him to be, his indiscretions are between him and his family. His public apology only deepened his embarrassment and most people are not convinced anyway. He isn't a deity, an esteemed cleric — he's a great golfer. Heck, he's not even Bill Clinton.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



## Worth mentioning

# Planning to overthrow government — \$5 please

In South Carolina, any group that plans to overthrow the federal government — or any other government in the U.S. — must register its activities. It's the law.

Now, some state legislators are looking to repeal it.

State Sen. Larry Martin said yesterday the 1951 statute, meant to deter communists, is making South Carolina look bad since bloggers and talk radio picked up on it last month. A misconception spread that the statute, on

the books for nearly six decades, had only recently become law.

Legislators said some constituents in this deeply conservative state were concerned it was aimed at conservative activists.

"Nothing could be further from the truth," said Martin. The law was enacted "at a time they thought it was the best response to the communist scare. It's long outlived its usefulness, if ever it had one."

THE ASSOCIATED PRESS

## We Know What You're Thinking

# 41%

The number of Canadians who would rather clean out their basement or garage than look at their taxes or finances.



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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



**Buffett not bullish yet**

Billionaire Warren Buffett said yesterday the economy is improving, but very slowly, and consumers are still not spending much, so job growth will remain slow. **THE ASSOCIATED PRESS**

9

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Confidence in economy up

Ontarians still worried: Survey

**Canadians are becoming more confident about the state of the economy as the labour market improves, the latest consumer confidence survey from the Royal Bank of Canada shows.**

The exceptions are Ontario and Atlantic Canada, where job anxieties have increased since January.

In the February RBC Canadian Consumer Outlook released yesterday, 30 per cent of Ontarians report that a member of their household is worried about losing their job or being laid off.

That's a four-month high and the highest level in the country; job anxiety is 25 per cent nationally. While worries about jobs also went up by six percentage points to 24 per cent on the East Coast, it fell in all other

regions of the country.

"It's not entirely surprising given how difficult the recession has been in Ontario," said Robert Hogue, senior economist with the Royal Bank of Canada.

"Unemployment is still high and that weighs on households."

Respondents in Manitoba and Saskatchewan had the lowest levels of job anxiety, just 13 per cent.

Overall, the index rose to 109 in February, up three points from 106 in January. That's the highest level the index has reached since it was established in November 2009.

Canadians are divided on the overall state of the economy, but a slim majority — 53 per cent — now describe the economy as good.

METRO NEWS SERVICES

Growth rate jumps to 5%

**GDP** Canada's economy expanded more than expected in the final months of 2009, as the country experienced the largest quarterly increase in gross domestic product in nearly a decade.

Statistics Canada says the annual growth rate in the fourth quarter rose to a surprisingly strong five per cent. That was a full percentage point higher than economists had generally expected.

It was also above the Bank of Canada's latest estimate in January, when the central bank was looking for the fourth-quarter growth rate to be 3.3 per cent.

THE CANADIAN PRESS

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In time for budget week, a policy group is urging Ottawa to ramp up deficit spending to boost the economy. Scan this code for the story.

## Toyota apologizes to China

**TOYOTA** Toyota President Akio Toyoda apologized yesterday to customers in China for the company's quality problems and emphasized the importance of the fast-growing market to his company.

Toyoda said he flew straight to Beijing from the United States to show his sincerity to China's customers. He faced a grilling last week in Washington by angry U.S. lawmakers about recalls over sticky gas pedals, faulty floor mats and glitches in braking software.

"The Chinese market is very important, so I flew here in person in the hope my personal expression of an apology and explanation will give customers some relief," Toyoda said at a news conference.

Toyoda's decision to make China his second foreign appearance reflected the importance of its market as sales lag elsewhere.

THE ASSOCIATED PRESS

## Fast food Nostalgia stills sells



Colin MacDonald, general manager of Halifax's Chickenburger restaurant, sits inside the dining room. The Chickenburger might be the only restaurant in Atlantic Canada where you'll be asked in the dead of winter whether you'd like to enjoy your order in the parking lot. Even when the 1950s-style landmark isn't packed, nostalgic patrons often go to their warm vehicles, balancing fries and burgers on knees and steering wheels.

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## Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Tips for self-employed

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

No more pencils, no more books, no more bosses' dirty looks. You are self-employed. Out of the rat race.

OK, so the reality is you've been downsized, given a package or just plain canned. Such is the way of life when unemployment creeps toward 10 per cent and companies prune everything possible to fatten their bottom line.

But if you go about it the right way, self-employment can be a satisfying and profitable experience.

Here are four steps to success:

**1 Have a financial plan:** Determine your absolute

minimum personal and business expenses. This is the monthly nut you must come up with in order to keep the lights on, the car in the driveway, kids in daycare and food in everyone's belly. Add in known business expenses such as a bigger cellphone bill, paper, postage, etc.

**2 Know where your cash flow is coming from:**

Where is the revenue and when will it arrive? Even if you have steady work lined up, it may be 30 to 90 days before invoices are paid. Can you draw on savings or a low interest line of credit should you be caught short?

If you are still employed get a credit line approved before you are pink-slipped. These days it is difficult for the self-employed to get credit, especially when you are starting out.

**3 Be disciplined:** Have a routine that includes everything from answering emails to chasing new business. You won't always be able to follow it but



Being self-employed means being prepared for days when you'd kill for a bit of water cooler chat.

your daily or weekly plan provides a critical framework in the absence of bosses and colleagues.

Do a self-check at the end of the day for tasks accomplished and move the rest into the next day or week. This is one way to feel good about your progress during slow periods.

Be prepared for lonely times and for days when you'd kill for a bit of water

cooler chat.

**4 Network like crazy:** Join like-minded groups, attend seminars, stay in touch with former colleagues and volunteer in your community. Be patient because it can take time for such contacts to germinate.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

## 6 ways to protect yourself from fraud

HEATHER BUCHAN  
For Metro Canada

March is Fraud Prevention Month, a campaign organized by the Competition Bureau of Canada — with seminars taking place across the country on everything from fraudulent telemarketing to Internet scams, to false charities and counterfeit money — to arm Canadians with tips and information on how to protect themselves against all types of fraud.

Here are some of the top tips:

**1** When an offer sounds too good to be true, warning bells should go off in your head because the offer probably isn't true.

**2** Whether it's a job or investment opportunity you're being pitched, if the offer involves sending money and time pressure, get independent advice before agreeing to anything.

**3** Always log directly on websites, rather than clicking on links you receive in emails, as those links could send you to bogus websites.

**4** Never give details about your bank accounts or credit cards to anyone over the phone, by fax or by email unless you know and trust them.

**5** If you're told you've won a prize or the lottery, but never entered the contest or lottery, don't agree to anything before checking with an independent source.

**6** If you are ever unsure of a situation, you should contact the Competition Bureau, the RCMP, the Canadian Anti-Fraud Centre, the Better Business Bureau or the Charities Directorate of the Canada Revenue Agency.

For a list of seminars, go to <https://competitionbureau.gc.ca>.

## Fraud Prevention

## Invest or pay down debt — that is the question

Investing

Allan Small

metronews.ca/investing

Looking back over the past two months I have noticed the amount of RRSP contributions have been less than previous years. Many advisers are blaming the economy but I think there is more to it than that.

Corporations and small businesses have not earned as much this past year as they once did, meaning management and employees did not receive bonuses. A lot of the bonus money in previous years went directly into RRSPs. In this way the slow economy has had a negative impact.

But perhaps more importantly, investors over the past few years have become very negative towards investing their hard-earned money. In 2008, they saw what a recession

can do to their portfolios. I believe that instead of trying to make an RRSP contribution this season, many chose to pay down debt such as lines of credit or mortgages instead.

I am a big proponent of paying down debt. However, individuals need to decide whether paying down their debt or investing that money into an RRSP is the right option. A big part of the decision is dependent upon the interest rate charged on the debt. If an investor could borrow

money at three or four per cent today through a mortgage or line of credit to hopefully make eight or 10 per cent, why wouldn't they do it? Interest rates are so low today, that it makes sense to invest rather than pay down debt.

I believe the markets are poised to have another positive year and those that can invest should look to profit from it.

Allan Small can be reached at asmall@dundeesecurities.com. The views expressed are not necessarily those of Dundee Securities.

## Employment expenses

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

**Q** My colleagues claim expenses and receive large tax refunds but I seem to be paying more income taxes year after year. What can I do to reduce my taxes?

— James

**A** Employees may deduct expenses if it is required under their employment agreement. A signed T2200 must be obtained from your employer. Some expenses that may be deducted are supplies, travelling cost, home office rent, and professional dues. Additionally, a commissioned salesperson can deduct meals and entertainment, and rental equipment costs.

Henry Choo Chong, CGA, can be reached at [choochonghga@yahoo.ca](mailto:choochonghga@yahoo.ca).

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The Chicago Bears have waived former all-pro tackle Orlando Pace after one season in which he was limited to 11 games because of injuries. Chicago signed Pace last season as a free agent to help patch up a faulty offensive line, but the fading star didn't provide much help. **THE ASSOCIATED PRESS**

# Sports

EDITOR: DON.MCHOULL@METRONEWS.CA



## Penguins land Leopold

The Pittsburgh Penguins have acquired defenceman Jordan Leopold, left, in a deal with the Florida Panthers. Florida traded Leopold to Pittsburgh for a second-round pick in the 2010 NHL Entry Draft. Leopold has seven goals and 11 assists in 61 games for Florida this season. **THE ASSOCIATED PRESS**

# With Vancouver Games over, game on for NHL

Participation of league's players in future Olympics uncertain

### A thrilling Olympic tournament capped with a golden goal.

Hockey was enjoying a sudden burst of popularity yesterday, a day after Sidney Crosby lifted Canada to a 3-2 overtime victory over the United States to win the gold medal at the Vancouver Games.

The ending could not have been better for the NHL, with the U.S. and Canada in the final and Crosby's Stanley Cup champion Penguins playing U.S. goalie Ryan Miller's Buffalo Sabres tonight, when most teams are back in action.

Yet the irony is that Crosby's wrist sliding under Miller might be the last Olympic memory the NHL can share.

The league has not yet agreed to stop the season again in four years to enable its players to participate in the 2014 Sochi Olympics. Two-time defending MVP Alex Ovechkin has already vowed that he will play in the Games in his host country regardless of what the NHL decides.

Debate continues to rage as to what effects — both positive and negative — taking a two-week break in the heart of the season has on the NHL. It all seems good when the Olympics are held in North America and its conducive time zones for television cover-



Buffalo Sabres goalie Patrick Lalime makes a save during practice in Buffalo yesterday. Lalime said he will play against the Pittsburgh Penguins tonight.

age of the Games, and when the gold medal game features a dream matchup.

But for every finish like this one, there is also the possibility Sweden and Finland could fight for gold on the last day, as was the case at the 2006 Turin Olympics. And next time out, the Games will be in a time zone that makes for weak television ratings in North America.

NBC said yesterday that Sunday's gold-medal game was the most-watched hockey game in 30 years, drawing an average viewer-

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Alex Ovechkin more sanguine than his president, says Canada "deserved" to win Olympic gold. Scan this code for the story.

ship of 27.6 million. Not since the finals of the Americans' 1980 Miracle On Ice run, when the U.S. secured gold against Finland, had so many viewed a hockey game on American television (32.8 million).

Canada's latest golden victory was seen by 10.5 million more viewers than in 2002 when the Canadians topped the U.S. for gold at Salt Lake City — a 61 per cent increase.

Still, even as NHL commissioner Gary Bettman praised the Olympic tournament, there was no discussion of the future.

The NHL had one game scheduled last night in its return from the 14-day Olympic break — Detroit at Colorado — with a 12-game slate today.

**THE CANADIAN PRESS**

# Shaq likely done for rest of season

**INJURY** Cleveland Cavaliers centre Shaquille O'Neal had surgery on his injured right thumb yesterday and seems likely to miss the rest of the regular season.

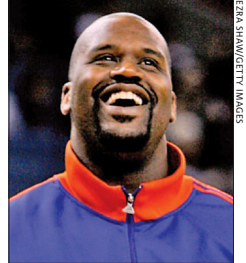
If he gets back for the playoffs, though, O'Neal is promising to make up for his time out.

O'Neal will miss about eight weeks, the team said. He was examined Sunday by specialist Dr. Thomas Graham at the National Hand Center in Baltimore, who performed the surgery yesterday morning.

"He feels like he let us down, but we understand injuries happen in the game," said teammate Jamario Moon, who got a text from the star centre along with the other Cavs. "I think he's really down about being out ... He let us know it's time to continue playing basketball and he's going to be all right."

The recovery timeline means O'Neal, who turns 38 Saturday, may not be ready for the start of the playoffs April 17. The Cavaliers acquired him last summer with an eye toward the post-season, after Dwight Howard and Orlando eliminated them in the Eastern Conference finals.

Cleveland enters its game



Shaquille O'Neal is likely to miss the rest of the season.

yesterday against the Knicks leading Orlando by six games for the best record in the East. Should the Cavaliers and Magic retain the top two seeds, they wouldn't meet until the Eastern Conference finals, which begin in mid-May.

"Will be out for a min but when I return it is on," O'Neal posted on his Twitter account yesterday morning. "Win da ring for da king! Luv my team, Cavs baby!"

O'Neal has played well for the Cavaliers, averaging 12 points and 6.7 rebounds in 53 games. He injured the thumb Thursday at Boston when his shot was blocked by Glen (Big Baby) Davis with just more than seven minutes left in the first half.

**THE ASSOCIATED PRESS**

# A-Rod to be questioned in probe of Canadian doctor

**DRUG** Yankees star Alex Rodriguez has been contacted by federal investigators regarding a Canadian doctor accused of selling an unapproved drug.

Rodriguez said yesterday he was "aware" of the investigation and plans on co-operating with government officials who are looking into Dr. Anthony Galea. Rodriguez said a date for an interview has not been set.

"I can't really get into that," Rodriguez said. "I have to speak to those guys first. I've just got to wait for instructions."

Galea is facing four charges in Canada related to the drug known as Acetovagin, which is extracted from calf's blood and used for healing. His assistant also has been charged in

the U.S. for having HGH and another drug while crossing the border in September.

A-Rod said the probe won't have an affect on him because "this is about someone else." He declined comment when asked if he has even been treated by Galea.

"I'm focused on baseball," Rodriguez said.

New York general Brian Cashman was informed of the situation yesterday, and added that he has not been told about any other Yankees players being involved.

"Not aware of any," Cashman said.

The Yankees released a statement saying they had not been contacted about the matter.

**THE ASSOCIATED PRESS**

## Sports in brief

**DOMESTIC** A study says it would be technically and economically feasible to build a domed stadium in downtown Regina, but that doesn't mean it's a done deal. The feasibility study says the facility would cost about \$386 million, although a fully retractable roof would add at least another \$45 million to the price tag.

**NHL** The St. Louis Blues have acquired goaltender Joe Fallon from the Chicago Blackhawks in exchange for goalie Hannu Toivonen and defenceman Danny Richmond. Fallon has played in 29 games this season in the American Hockey

League.

**SOCCER** A Paris Saint-Germain fan injured in a fight between rival factions of hooligans from the club was in a life-threatening condition yesterday, police said. The 38-year-old fan sustained a serious head injury ahead of Sunday's French league match between fierce rivals PSG and Marseille. Marseille went on to win the game 3-0.

**BASEBALL** The Missouri Senate wants to take away Mark McGwire's highway. A stretch of Interstate 70 in St. Louis was designated the Mark McGwire Highway in 1999, one year af-

ter the Cardinals slugger hit a then-record 70 home runs. But McGwire has now admitted he used steroids, and the state Senate voted unanimously yesterday to rename the section of interstate the Mark Twain Highway.

**NBA** The San Antonio Spurs have waived veteran forward Michael Finley after nearly five seasons. The Spurs said yesterday that Finley had asked to be released from his contract, which was in its final year. The 36-year-old saw his playing time cut drastically this season after being demoted to the bench. **METRO NEWS SERVICES**

## SCOREBOARD

### NHL

#### YESTERDAY'S RESULTS

Detroit at Colorado

#### TODAY'S GAMES

Montreal at Boston, 7 p.m.

Carolina at Toronto, 7 p.m.

Chicago at N.Y. Islanders, 7 p.m.

Florida at Atlanta, 7 p.m.

Vancouver at Columbus, 7 p.m.

**N.Y. Rangers at OTTAWA, 7:30 p.m.**

Buffalo at Pittsburgh, 7:30 p.m.

Philadelphia at Tampa Bay, 7:30 p.m.

Edmonton at Nashville, 8 p.m.

Los Angeles at Dallas, 8:30 p.m.

St. Louis at Phoenix, 9 p.m.

New Jersey at San Jose, 10:30 p.m.

**NBA**

#### YESTERDAY'S RESULTS

Houston 116 Toronto 92

Atlanta 116 Chicago 92

Cleveland 124 New York 93

Dallas 89 Charlotte 84

Orlando 126 Philadelphia 105

Portland 103 Memphis 93

San Antonio 106 New Orleans 92

Denver at Phoenix

Utah at L.A. Clippers



# Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

## Boot it up and head outside

**CELIA MILNE**  
for Metro Canada

**Need to get rid of winter belly fat? Eating well is key, but so is exercise.**

The best prescription, according to two fitness experts, is to get outside and walk, run, or play. After you've done some cardio, focus on your tummy. Crunches (sit-ups) are out, says Shawna Kaminski, a certified boot camp instructor in Calgary. The plank is in.

The plank, which is done in a position similar to a push-up, except the elbows and lower arms are on the floor, targets the abdominal area and is much safer and easier to learn than crunches. "Hold the posi-



Beige may be the new black, but the plank is the new sit-up.

tion for as long as you can. As you get stronger, hold it for longer periods," says Kaminski. "You'll have a stronger, flatter tummy."

The bonus: Having a strong core will reduce back aches and improve posture.

Another amazing exercise, which can be done anywhere, anytime, is the good, old-fashioned push-up.

"There is nothing new or glamorous about doing push-ups, but they work!" says Kaminski, who has

**"You don't need a lot of fancy equipment to exercise outdoors. Curbs can be used as steps. Benches can be used for push-ups. Light poles can be used with tubing."**

been a physical education teacher for 20 years, as well as a national competitor in swimming and freestyle skiing, a body-builder, and a certified adventure boot camp instructor (calgaryNWBootCamp.com).

Push-ups work muscles of the upper body such as

your chest, shoulders and triceps — as well as your core muscles. If done regularly, they'll also do wonders for those "Hello Ednas," the pesky flab flaps behind your arms.

If you can't do full push-ups, do them with your knees on the ground.

Outdoor boot camps — which provide the incomparable value of exercising with a group, getting fresh air and having fun all at the same time — are exploding across the country.

"My clients tell me they prefer to exercise outdoors because they find gyms stuffy and sweaty and they worry about germs. Plus, you can't beat the amazing scenery," says Sandra Banks, a certified personal trainer in Vancouver (van-

couveroutdoorfitness.ca).

You don't need a lot of fancy equipment to exercise outdoors, says Kaminski.

Curbs can be used as steps. Benches can be used for push-ups. Light poles can be used with tubing.

"You are only limited by your imagination. How long has it been since you tried the monkey bars? You'll have new respect for children once you try this challenging upper body exercise," she says.

Aim for losing weight slowly: One or two pounds a week.

"If you have a lot of weight to lose, plan on attending boot camp or some other exercise regime long term," advises Kaminski.

## Sweating it out together

The J Spot

**Josey Vogels**

metronews.ca/thejspot

Getting on the same fitness page as your partner can be tricky. You've vowed to love each other in sickness and in health.

But when your idea of health is getting to the gym five days a week and eating a diet of fresh veggies and lean protein while your partner's idea of living healthy is not to "biggie" their fries, it can cause friction in the relationship.

With Olympic Fever still in the air and Spring Fever right around the corner, it's the perfect opportunity to try and get your fitness goals in sync.

Of course, "Honey, get your fat butt off the couch and come to the gym with me," is not likely to motivate your partner. In fact, the word "fat" should never be uttered according to Tina Tessina in an article on that'sfit.com. Tessina, a psychotherapist and author of *How to Be Free and Still Be a Couple* says the best way to raise the weight issue is

**"Research shows that up to 94 per cent of couples stick with their fitness programs when they work out together."**

to approach it from a health perspective. Instead of telling your partner they've gained weight (duh, honey, really?), gently bring up the topic by saying, "I want you to be around for a long time and I'm worried about your health."

Yeah, I know, they'll know you're just finding a nice way to say they've packed on a few, but it may make them more open to doing something about it if you're at least nice and supportive about it.

Nagging your partner or criticizing them will only send them straight for the nearest bag of potato chips. Instead, influence by example. Prepare healthy snacks for yourself and keep healthy snack options in the house.

Rather than radically changing your diet and eliminating all your partner's favourite foods, make subtle changes. Switch out the hamburger for ground turkey in the chili, for example. Go grocery shop-

ping together so you're both involved in meal planning and food choices. Also, while not exactly a candlelit dinner, it's still an opportunity to spend some time together.

Research shows that up to 94 per cent of couples stick with their fitness programs when they work out together. Just make sure the activity is something you both like. If you're a gym bunny but your partner would rather eat glass than get on a treadmill, find activities you'd both enjoy, like bike riding, hiking or, I don't know, nude mud wrestling.

Hey, don't laugh. Regular exercise may make you want to get naked with each other on a more regular basis. Studies show that people that exercise regularly feel better about themselves, perceive they are more sexually desirable and experience greater levels of sexual satisfaction.

So, if you've run out of ways to motivate your partner to get healthy

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



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### NOT ALL WHITE TEETH ARE GOOD

In helping you to take care of your teeth, we, as dentists, work hard to ensure you have a nice, bright, white smile. It is important from a cosmetic standpoint. More importantly, it is also important from a health standpoint. The reality is that people with attractive, strong, healthy white teeth are more likely to be in good health overall.

It is important to understand, however, that not all "white" on the teeth is a good thing. One thing you should always remain aware of is whether your teeth have developed white spots or lesions.

It is not always easy to determine why someone might develop white spots. It could be a matter of genetics. Nutritional deficiencies, such as a lack of calcium, may also be a contributing factor. Excessive amounts of fluoride, usually a result of high levels in drinking water, may result in a condition known as fluorosis, which can result in spotting.

Of course, poor oral health care practices can be the cause of these lesions. If plaque is allowed to build up, the acid associated with such plaque may be causing the teeth to deteriorate. In these cases, the white spots may be the first visible signs of decay and a sign that some form of restorative work may be necessary.



**Dr. Peter Georgopolous**  
Dental Surgeon

If you have a youngster with braces, you should be particularly cognizant of white spots. It is not always easy to properly clean the teeth around the braces. This can result in a plaque developing and the acid associated with that plaque could lead to some decay.

It is not always easy to determine the ideal treatment for white spots simply because it may not be possible to pinpoint the cause of the problem. The first factor we like to eliminate is that the spotting is not the result of decay. If decay is, in fact, the culprit, fillings may be necessary.

We are also quite concerned if the problem is lack of appropriate nutrition.

Not only are we concerned for your teeth. The truth is that white spots that are the result of poor nutrition may be just the tip of the iceberg. Poor nutrition will likely mean there are other health concerns that may need to be addressed.

If the problem is more cosmetic in nature, treatment options will vary depending upon the severity of the spotting. Bonding material may be sufficient in some cases. More severe instances may require the use of veneers or crowns.

The key is to talk to your dentist if you notice white spots on the teeth. As much as we love our teeth to be white, it is a consistent, healthy white tooth that we are looking for. White spots, on the other hand, are something your oral health care needs will demand attention...because dealing with white lesions is a healthy habit...and healthy habits lead to healthy lives.

Dr. Peter Georgopolous  
- Dental Surgeon

## Tonic for the mind and body

CELIA MILNE  
for Metro Canada



### There's a new workout in town.

Gyrotonic, which is inspired by swimming, tai chi, yoga and dance, involves graceful movements done on wood-framed equipment.

Like yoga, it takes a while to learn properly, but once you get it, it is an amazing workout that will leave you sweaty and out of breath but calm.

The goal of Gyrotonic, which is very new in Canada, is to build strength and coordination, says Crispin Redhead, a trainer and former



Gyrotonic apparatus helps to build muscle and enhance coordination.

mer dancer who runs Gyrotonic Toronto.

The exercises are designed to increase the space between the vertebrae by moving several parts of the body simultaneously. The movements are fluid and somewhat

unconventional — twists, bends, spirals and stretches.

They were developed by former dancer Julius Horvath in the 1960s. Redhead learned the techniques in New York City and brought the machines and the discipline to Toronto.

Redhead has clients from age 14 to age 84. They include athletes looking for a balanced workout, professional dancers who want to improve their performance, as well as regular folk toning muscles or rehabilitating an injury.

Sessions are one-on-one and customized to suit individual strengths and problem areas. For more information, visit [crispin.ca](http://crispin.ca)

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## Make spring time check up time

Use it to ask a medical expert all your lingering health questions

CELIA MILNE  
for Metro Canada



Whether you are young or old, male or female, spring is a great time for your annual checkup.

For one thing, it helps build a relationship with your physician. The tests that a doctor does at an annual checkup are tried and tested.

They help prevent problems from occurring, or catch them early on.

**"Your doctor can check if your weight, cholesterol and blood pressure are higher than is healthy."**

Your doctor can check if your weight, cholesterol and blood pressure are higher than is healthy.

He or she can advise you on necessary or optional

vaccines, let you know if you are deficient in vitamins and minerals, and screen you for signs of cancer.

If you don't have a doctor, check with friends, family, coworkers, or people you know through sports and clubs.

Ask your local pharmacist. You can check your provincial College of Physicians and Surgeons. For a national list, go to [cfpc.ca/English/cfpc/chapters/cps/](http://cfpc.ca/English/cfpc/chapters/cps/)

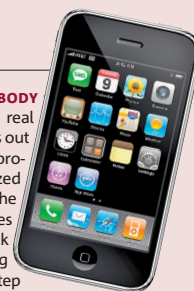
### Three fun fitness iPod applications

Metro World News

• **HUNDRED PUSHUPS** A popular iPhone app that helps planning and reminding users to do the daily push-ups. The app keeps track of days and weeks and adjust the program to your current "exhaustion" level.

• **RUNKEEPER** One of the most popular aerobic exercise tracking apps was also one of the first. RunKeeper tracks duration, distance, speed and pace (and more) and helps motivating users to continue pushing further.

• **IPUMP TOTAL BODY** This one is for the real testosterone junkies out there, aiming to provide a pocket-sized personal trainer. The app breaks exercises down into four-week training cycles giving instructions every step of the way to that perfect body.



*"During the program, I felt less hunger before dinner and fewer cravings for snacks and sweets between meals. I am now more relaxed and enjoy a deeper sleep. I also lost two pounds in one week."*

Steven O.

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## Whole Body Revitalization The 7-Day Purification Kit



Bev Maya  
Medical Herbalist

Today, our health is challenged by pollutants, pesticides, food preservatives and poor eating habits. Our elimination systems simply cannot keep up. Over time, toxic build-up in our bodies may lead to serious ailments, but a growing number of health-conscious consumers have found an effective way to purify and revitalize their bodies.

Flor•Essence® Herbal Tea Blend strengthens key organ function while aiding blood circulation to build up the immune system by enabling the body to remove toxins at a higher

efficiency than it would on its own. This remarkable tea facilitates the removal of waste through the elimination organs, resulting in less gas, bloating and indigestion.

Now, for the first time, Flora Manufacturing & Distribution has combined the whole-body cleanse of Flor•Essence® with two companion products, Pro•Essence® vegetarian capsules and Flor•Essence® II powder.

Rene Caisse, an Ontario nurse was responsible for deriving Flor•Essence® and Pro•Essence® from traditional Ojibwa herbal remedies and bringing these formulations into widespread use with the help of Dr. Charles Brusch (personal physician to President

John F. Kennedy), Vancouver broadcaster Elaine Alexander, and Thomas Greither, President of Flora.

With the new 7-Day Purification Kit, it is possible to invigorate the digestive system at the cellular level with Flor•Essence® tea, while cleansing the kidneys with Pro•Essence® urinary tract support formula and cleansing the colon with Flor•Essence® II, a natural source of oat bran, flax seeds and psyllium husks, which absorb intestinal toxins and lower blood cholesterol levels.

The Flor•Essence® 7-Day Purification program is a safe and effective way to allow our bodies to absorb more nutrients from the foods we eat. This powerful yet

gentle program works to accelerate the removal of toxins from the body and reduce the potential for serious illness caused by free radicals in our digestive and circulatory systems.

Plenty of water (at least 8–10 eight ounce glasses per day) must accompany the program to help flush out toxins and waste. For best results, it is important to get proper rest and engage in some activity that stimulates circulation, perspiration and deep breathing. For optimal health, eat a nutritious diet that includes leafy greens, bright vegetables, fruits, berries, seeds and nuts.

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**Pantry Plus**

2433 Boulevard St-Joseph

613.830.5790

**Pura Vida Nutrition Store**

267 Stewart St, Renfrew

613.433.9437





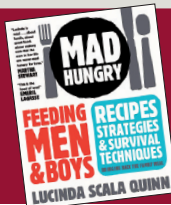
**"Fat Doug" hamburger wins**

Food Network Iron Chef Michael Symon's "Fat Doug" hamburger was recently named top burger at the South Beach Wine and Food Festival. It was a beef patty topped with pastrami, Swiss cheese and coleslaw on a brioche bun. **THE ASSOCIATED PRESS**

**15**

# Food

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



## The way to a man's heart...

Lucinda Scala Quinn is a devoted cook who believes that the way to her four males' hearts and stomachs is to provide them with homemade meals. So the vice-president and editorial director of food and entertaining for Martha Stewart Omnimedia is sharing her strategies and recipes in her fourth cookbook, *Mad Hungry: Feeding Men & Boys* (Artisan, \$39.95). She also provides survival techniques for bringing back the family meal. **THE CANADIAN PRESS**

# A dish for any crowd

**Serving dinner to mixed company — vegetarians and meat eaters, that is — can be a tricky affair. Hearty pasta dishes are your easiest path to culinary harmony.**

Bow-tie pasta with rapini and chickpeas is a fine option for several reasons.

First, the rapini (also called broccoli raab, a pungent relative to broccoli) gives the dish an assertive, complex flavour that will please varied palates. The chickpeas also provide a meaty texture, as well as satisfying protein.

And if your heart's set on putting some meat in the dish, sweet or hot Italian sausage makes a tasty addition. Or a little cooked bacon crumbled over the top is nice, too.

Consider serving this pasta with some crusty bread and a salad dressed with a tart vinaigrette to balance the bold flavours of the dish.



Above: Bow-Tie Pasta with Rapini and Chickpeas. Above, right: Peanut Toffee Pie.

### Bow-Tie Pasta with Rapini and Chickpeas

MAKES 4 SERVINGS

#### INGREDIENTS:

- 1 kg (2 lb) rapini (broccoli raab)
- 250 g (8 oz) bow-tie pasta (farfalle)
- 30 ml (2 tbsp) extra-virgin olive oil
- 3 cloves garlic, minced
- 1 ml (1/4 tsp) red pepper flakes

- 1 can (398 ml/14 oz) chickpeas, drained and rinsed
- 15 ml (1 Tbsp) lemon juice
- Salt and ground black pepper, to taste
- 50 ml (1/4 cup) grated Parmesan cheese, or to taste

#### METHOD:

1. Bring a large pot of salted water to a boil.
2. Trim and discard stem ends, yellowed leaves and any stems thicker than 0.75

cm (1/3 inch) from rapini. Chop coarsely.

3. Add rapini to boiling water (in batches if necessary) and cook until tender, about 2 minutes. Using a large slotted spoon, transfer rapini to a colander to drain, using spoon to press out any excess liquid. Leave pot of water over heat.

4. Add pasta to boiling water and cook according to package instructions.

5. Meanwhile, in a large skillet over medium-low, heat oil. Add garlic and

cook, stirring constantly, for 90 seconds. Add red pepper flakes and cook, stirring constantly, for 30 seconds. Add chickpeas, lemon juice and drained rapini. Stir until well combined and heated through. Season with salt and pepper.

6. Drain pasta and transfer to a serving bowl. Add rapini mixture and Parmesan cheese, then toss to combine. Serve with extra grated Parmesan for topping, if desired.

**THE ASSOCIATED PRESS**

### LiquidAssets

**Peter Rockwell**

metronews.ca/liquidassets

### Cheers to Oscar

Last year's snub of *The Dark Knight* convinced the Oscar brain trust to acknowledge 10 flicks this year. I've only seen five, so here's my annual (yet abbreviated) booze matches for the nominees.

**AVATAR:** I love my science fiction and the big blue Na'vi inspire the choice of **HpnotiQ** (\$40 - \$49.99) — a blend of vodka, cognac and tropical fruit juice — as the perfect colour-coordinated partner. **UP IN THE AIR:** I fly a lot and when grabbing a drink on board I turn to a neutral spirit which, of course, is served in a 50 millilitre bottle. A little (literally) **Absolute Vodka** (\$2.99 - \$3.25) helps me go a long way.

**INGLOURIOUS BASTER-**

### The 81st Annual Academy Awards

**DS:** All the Nazi scalping fun takes place in France so I'm sure the boys would have enjoyed a mug of French lager like the creamy **Kronenbourg 1664** (\$2.60 - \$2.99).

**DISTRICT 9:** The South African location for this brilliant piece of sci-fi makes methink wine and a glass of **Two Oceans Shiraz** (\$9.95 - \$12.49).

#### THE HURT LOCKER

This explosive pic has a lock on Oscar. Celebrate with a Jäger Bomb made by mixing a half a can of Red Bull and an ounce of **Jägermeister** (\$28.95 - \$33.99).



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

### Food in brief

**COOKING TIPS** Here are some tips to help get kids become familiar with the kitchen and cooking:

- Before starting, take children on a "safety tour" of the kitchen to explain to them what they can't touch.
- Store some of the ingredients your kids are most likely to use

on lower shelves in the fridge and cupboards.

- Teach little chefs to wash their hands before and after meal prep and during the process.
- Spills must be cleaned up, especially if they are on the floor and present the danger of slipping and falling.

**THE CANADIAN PRESS**

# Lose the salt without losing the taste.

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Fund for by the Government of Ontario

Roger Ebert, who lost the ability to speak after a series of cancer-related surgeries, is now able to "talk" again using a computer voice simulator he designed which will allow him to regain his "voice." He plans to debut "Roger Jr." on today's Oprah Winfrey Show. **EW.COM**

**Roger Jr. speaks to Oprah**

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

## Coco to wed

Canadian supermodel Coco Rocha announced on her website yesterday that she is engaged. Fiancé James Conran proposed to Rocha last week, she adds.

METRO NEWS SERVICES



# Last chance for Death Row

## Canadian-run Gangsta rap label mired in controversy

### TheAudioFiles

**Bryan Borzykowski**

metronews.ca/music



It won't come as a surprise for you to know that I've never been to a Death Row Records party, but I can imagine what it would have been like. The venerable rap label, started by endlessly incarcerated Suge Knight and hip-hop legend Dr. Dre, played a major role, if not the biggest part, in gangsta rap's popularity. It's no secret that guns, drugs and dubious characters played a

big role in the label's success — and downfall — so a night out with the likes of Tupac, Snoop and Knight would have been wild to say the least.

It should be a different story tonight, when Death Row's new parent company, Toronto-based WIDEawake Entertainment, unveils its new 6,000-square-foot multi-media studio. There will likely be no old Death Row artists, corrupt cops, or former inmates at this shindig, only lawyers, media and business types.

The new Death Row, run by Lara Lavi, a self-proclaimed Jewish soccer mom, is about as far from gangsta as the label can get. It's still mired in controversy, but it's more of the



Death Row Records, which was started by Suge Knight, above, and hip-hop legend Dr. Dre is now in Canadian hands.

white-collar variety (Lavi's suing WIDEawake for trying to dump her, Dre is suing Death Row for re-issuing The Chronic without his permission). Still, former Death Row engineer and now label president John Payne, said, in an interview with 411mania.com, he

hopes to put out new hip-hop music and continue to release songs from its back catalogue.

But, I have to ask, what's the point? Names like Tupac Shakur and Snoop Dogg are still big money makers, and the label's publishing assets are in the millions,

**"I don't know if there will ever be the same street appeal for that label again."** Jake Brown

but without the violence, drugs and the controversial leader, the Death Row brand isn't nearly as strong as it once was.

"I don't know if there will ever be the same street appeal for that label again," says Jake Brown, author of The Rise and Fall of Death Row Records.

Brown adds that even the label's hope that rap fans will keep coming to the Tupac well over and over again may be misguided. "Most of those masters have either been repackaged or remixed," he says. "And Tupac fans, who have been an extraordinarily loyal consumer base, already

bought those records."

The only way the label can rise from the ashes and regain its cred is by installing a name figurehead as president — like Priority Records did when it made Snoop Dogg its "creative chairman."

It also needs to sort out its legal issues, something it may be able to do better than Knight. But with a rising debt of about \$25 million, WIDEawake could sell the label before it really gets off the ground.

Whatever happens to this once powerful music machine, Brown says Knight let go of the label a long time ago. "He's over all of it," says the author. "The guy's seen so much in life that nothing shocks him."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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## Plex brings aboriginal voice to hip hop

**BRIAN TOWIE**  
Metro Canada

**Plex wants to live in a country that trades on multiculturalism to pay more attention to the plight of its Native communities.**

The Edmonton-born, Toronto-based MC and founding member of hip-hop collective Won 18 (and brand new dad) delivers that message on his solo debut Brainstorm. The collaborative, eclectic and always confident grassroots collection range from relaxed to raging, taking aim at the rough lives of Native peoples and a public that does not see it.

Call hip hop the perfect medium to give the voiceless a way to say something, argues Plex (a.k.a. Doug Bedard, the son of an Ojibwa mother and Ukrainian-Romanian father).

"A lot of aboriginal people, especially in Canada, grew up in low-income areas," says Plex. "A lot of hip hop was based on that, especially in the poorer areas of New York. It's relatable for us. It's changed a lot over the years and become a lot more sugar-coated, but I think people are still



Brainstorm is the solo debut album from Alberta artist Plex.

looking for something that actually says something."

Well, somebody's got to, especially when discussing the impact of oilsands in northern Alberta on Native peoples, a subject near and dear to Plex's heart. As a former insulator on a rig, he says he saw first-hand the environmental and social devastation they brought. Not so easy to find people who will listen, however, when the province depends on the money flowing out of them.

"I don't think it serves the media any good to push it that much, especially in a province where the oil industry controls so much," he says. "But the devastation is across the board. People are getting sick. A place like Fort Chipewyan, people have been living there for generations and they're getting these weird cancers that only one in a million people get and you get several cases in one small region."

In the meantime, Plex will continue to foster

**"A lot of aboriginal people, especially in Canada, grew up in low-income areas. A lot of hip hop was based on that ... It's relatable for us."** Plex

grassroots rappers with his music label New Leaf Entertainment, and encourage aboriginal culture into mainstream circles with The Plex Show — an Aboriginal Voices Radio program profiling indigenous talent that airs across Canada on Friday nights. It's about breaking down the barriers between cultures, he argues, something Canadians need to do if we're going to call ourselves truly multicultural.

"Growing up, there was that separation. We were always pushed to one side," he says. "It always made me feel awkward and ashamed about it. But we shouldn't feel like that. What has been happening is good, but we're only beginning to fine-tune that stuff."

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**FREE ENTRY!**



**Glee on the road**

The stars of Fox's hit series *Glee* are hitting the road for live shows, the network announced yesterday. The cast of the Golden Globe-winning comedy will perform in the four-city tour titled *Glee Live! In Concert* beginning May 18 in Phoenix. **TVGUIDE.COM**

# Good Wife, good TV

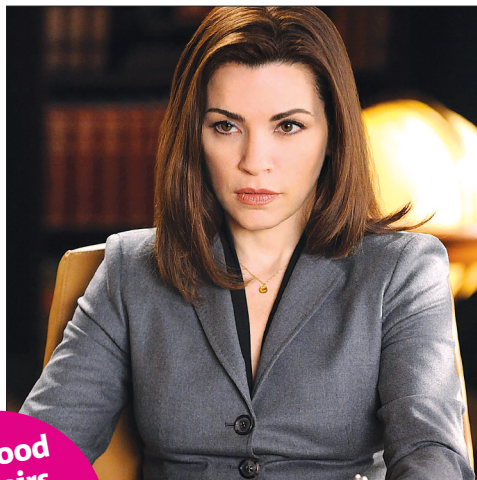
## Successful CBS series returns for second season

**Had The Good Wife not succeeded in its first season on CBS, creators Robert and Michelle King would have been happy to let the final scene of their 13th episode stand as the series finale.**

The episode ended with a knock on the door, as the wayward husband portrayed by Chris Noth returns home from jail and greets his wronged wife Alicia, played by series star Julianna Margulies.

Instead, the scene is the starting point for the rest of the series' life, beginning today at 10 p.m. Disgraced Chicago politician Peter Florrick is under house arrest, trapped among a family changed because of his infidelities and not really sure if it wants him back.

The *Good Wife* has been a strong performer for CBS, nestled into a popular Tuesday lineup with the



Julianna Margulies stars in *The Good Wife*.

**The Good Wife airs today on Global and CBS**

NCIS franchise, and the Kings know it will be on at least through next season and probably beyond. A scripted hybrid — part procedural and part an ongoing rumination on a

damaged public marriage — the series has been a star turn for Margulies.

"You would never have wanted to end it where it would be such a conclusion that everyone's satisfied, because that's not Alicia's life," said Robert King, one

half of the husband-and-wife team that produces the series. "Alicia's life is filled with questions."

Among the upcoming questions: Will Peter be able to handle house arrest without going crazy? How does Alicia deal with a law firm that becomes increasingly ethics-challenged to survive? And is the law school buddy who gave her a chance to work more than just a buddy?

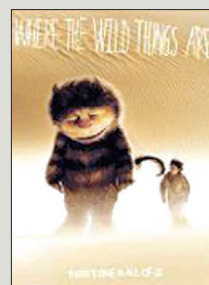
The Kings' inspiration for *The Good Wife* is obvious — the Spitzers, the McGreeveys, the Clintons and all those other marriages turned upside down by a politician's bad private behaviour.

In all these scandals, the Kings were more interested in the characters at the edge of the screen — the wives — and thought they offered fertile ground.

"Those women were a heck of a lot more interesting than the men who were cheating on them," Michelle King said.

**THE ASSOCIATED PRESS**

**DVD picks**



**Where The Wild Things Are**

**Directors: Spike Jonze**

**THE KEY TO** appreciating Spike Jonze's imperfectly perfect screen adaptation of the classic bedtime story is in this director's statement: "I didn't set out to make a children's movie; I set out to make a movie about childhood."

What Jonze and screenwriter Dave Eggers have wrought in adapting Maurice Sendak's 1963 picture book perennial is something so primal, and so in touch with the rough "id" of youthful fantasy, it would be easy to dismiss as a simple kid's story.

That's true even though it's about a kid: boisterous nine-year-old Max, who is resisting maturity. He just wants to have a "wild rumpus" with his strange new woodland pals, who have crowned him king of their dusty jungle. Reality can wait, if only for a moment.

Where the Wild Things Are uses puppets instead of computers (although CGI rendering was needed for facial expressions), a sailboat instead of a rocket ship and dirt clods instead of guns or bombs. The giant forest creatures voiced by James Gandolfini, Catherine O'Hara, Lauren Ambrose, Chris Cooper, Forest Whitaker and Paul Dano are so handmade and primal, they come as a shock to the system.

Extra include four "Webisodes" of background material; the Blu-ray version has eight Webisodes, plus the short film *Higglety Pigglety Pop!*, featuring the voices of Meryl Streep and Forest Whitaker.

**Peter Howell/for Metro Canada**

## Polytechnique leads Genie nominations

**AWARDS** Polytechnique, Denis Villeneuve's big-screen take on the 1989 Montreal massacre, has nabbed a leading 11 Genie nominations. The awards celebrate the best in Canadian film.

Nurse.Fighter.Boy, director Charles Officer's urban tale of a single mother and her son, landed 10 nominations while the Inuit survival story *Before Tomorrow* — from co-directors Marie-Helene Cousineau and Madeline Piujuk Ivalu — snagged nine. The Academy of Canadian Cinema & Television revealed the nominees at a news conference yesterday. This year's show will be held in Toronto on April 12.

**THE CANADIAN PRESS**

## Kenya's Style



Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: **metronews.ca/movies**

DT	Vu SC C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
32/10	265 353 2	TVO Blue Realm	The Agenda With Steve Paikin	Father & Son (N)	The Cosmos	The Cosmos	Agenda-Paikin			
	211 331 3	GTV Entertainment	ET Canada	NCIS: Mother's Day (N)	NCIS: Los Angeles (N)	The Good Wife "Bang"	News Hour			
	- 5 SRC	Virginie (SC)	La Factice	Providence (HDTV) (SC)	Providence (HDTV) (SC)	Providence (HDTV) (SC)	TJ Ontario			
	209 342 6	CHRO Degra: Next	TMZ (N)	Lost "Lighthouse"	Swarmed (2005, Suspense) Michael Shanks, Carol Alt.	Swarmed (2005, Suspense) Michael Shanks, Carol Alt.	Comedy Now			
	196 311 7	CTV Lost "Sundown" (N)	American Idol The top 10 female semifinalists perform.	American Idol The top 10 female semifinalists perform.	Law & Order: Special Victims	CBC News: The National	CTV News			
	208 303 8	CBC Wheel Fortune Jeopardy! (N)	Rick Mercer 22 Minutes (N)	Kids in Hall Comedy	CBC News: The National	CBC News: The National	The Hour			
	- 360 9	NBC Wheel Fortune Jeopardy! (N)	The Biggest Loser (N)	The Biggest Loser (N)	Parenthood "Pilot" (N)	Parenthood "Pilot" (N)	News			
	117 713 10	TVA La Fiebre de la danse (SC)	Rock et Rol Caméra Café	La Promesse (HDTV) (N) (SC)	TVA nouvelles (10:45) Denis Lévesque	TVA nouvelles (10:45) Denis Lévesque	A couper			
	- 11 OS	Roxy (SC)	CSI: NY (SC)	Flashpoint (SC)	L'Attaque à 5 (N)	L'Attaque à 5 (N)	Facteur			
	137 763 12	TFO Panorama	Artisans du changement	Betty ** (1992, Drame) Marie Trintignant, Stéphane Audran.	The Good Wife "Bang"	The Good Wife "Bang"	TwoHalf Men			
	- 362 13	CBS The Insider (N)	Judge-Brown	NCIS: Mother's Day (N)	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	Cold Case			
	216 395 14	OMN2 Family Guy	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Omni News: Cantonese Edition	News			
	214 344 15	CITY Law & Order: Special Victims	The Office	The Biggest Loser (N)	Parenthood "Pilot" (N)	Parenthood "Pilot" (N)	Metropia			
	115 343 16	CFMT TwoHalf Men	The Office	Omni News: Italian Edition (N)	Vivre V	Omni News: Law & Order: Criminal Intent	News at 11 (N)			
	218 345 18	CHCH Babe **** (1995, Drama) James Cromwell, Paul Giamatti.	Lost "Lighthouse"	Lost "Lighthouse"	Witness *** (1985, Crime Drama) Harrison Ford.	Witness *** (1985, Crime Drama) Harrison Ford.	News			
	- 361 20	ABC Action News	Entertainment	Heure polit. L'Heure politique	100 Huntley Street	100 Huntley Street	Dossier public			
	512 396 24	CPAC (5:30) Dossier public	Little House on the Prairie	Dr. Quinn, Medicine Woman	FOX 2 News (N)	FOX 2 News (N)	John Hagee			
	651 355 25	CTS Little House on the Prairie	Dr. Quinn, Medicine Woman	American Idol The top 10 female semifinalists perform.	NOVA (N) (DVS)	NOVA (N) (DVS)	News			
	- 365 36	FOX TMZ (N)	Seinfeld	NOVA (N) (DVS)	Frontline (N) (DVS)	Frontline (N) (DVS)	Charlie Rose			
	- 64 PBS	Business Rpt.	Help Wanted	American Idol The top 10 female semifinalists perform.	CBC News: The National	CBC News: The National	CTV News			
	205 312 104	CTV Lost "Sundown" (N)	Connect With Mark Kelley (N)	Campbell Brown (N)	Larry King Live (N)	Larry King Live (N)	National			
	502 390 26	NW The Lang & O'Leary Exchange	Situation Room-Wolf Blitzer	MMA Conn NHL Hockey New York Rangers at Ottawa Senators. (HDTV) (Live)	Hockey Central Sportsnet Connected	Hockey Central Sportsnet Connected	Anderson Cooper 360 (HDTV)			
	500 500 33	CNN Situation Room-Wolf Blitzer	Campbell Brown (N)	Le 24 heures en 60 minutes	Grands reportages (SC)	Grands reportages (SC)	RDI économie			
	406 417 27	net That's Hockey! NHL Hockey Philadelphia Flyers at Tampa Bay Lightning. (HDTV) (Live)	Score Today	Court Surfing NBA news, scores and highlights.	Le 24 heures en 60 minutes	Le 24 heures en 60 minutes	Le 24 heures en 60 minutes			
	126 730 28	TSN That's Hockey! NHL Hockey Philadelphia Flyers at Tampa Bay Lightning. (HDTV) (Live)	Score Today	Court Surfing NBA news, scores and highlights.	Le 24 heures en 60 minutes	Le 24 heures en 60 minutes	Le 24 heures en 60 minutes			
	400 280 30	RDI That's Hockey! NHL Hockey Philadelphia Flyers at Tampa Bay Lightning. (HDTV) (Live)	Score Today	Court Surfing NBA news, scores and highlights.	Le 24 heures en 60 minutes	Le 24 heures en 60 minutes	Le 24 heures en 60 minutes			
	410 403 52	SCR Caddy Unlimit	Score Today	Court Surfing NBA news, scores and highlights.	Le 24 heures en 60 minutes	Le 24 heures en 60 minutes	Le 24 heures en 60 minutes			
	411 457 56	OLN Ghost Hunters	Destination Truth	Oper. Repo	Oper. Repo	Oper. Repo	Ghost Hunters International			
	417 406 59	CLB NASCAR	NASCAR Hub	Race in 60 "Las Vegas" (N)	Monster Jam (HDTV) (N)	Monster Jam (HDTV) (N)	Dangerous Drives (HDTV)			
	554 544 48	TEL Johnny Test	Total Drama	6TEEN	Futurama	King of the Hill	American Dad			
	557 540 51	FAM Sonny Chance	Suite Life	Overruled!	Han, Montana	Han, Montana	Ned's School			
	551 542 65	YTV iCarly	Scorpion	Malcolm-Mid.	Hates Chris	Hates Chris	Family Biz			
	570 580 29	MTV The Daily Fix	Ranked!	Criminal Minds "Lo-Fi"	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Hammer Time			
	615 520 31	A&E Criminal Minds (HDTV)	Ranked!	Criminal Minds "Lo-Fi"	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Gimme Sugar			
	628 584 32	SPKE UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	Little Parents			
	521 560 34	TLC Ultimate Cake Off	The Tiniest Girl in the World	Decouvrir le monde	Paritir autrement	Paritir autrement	ADN			
	145 761 35	TV5 Zoonimal	Termination Point (2007, Suspense) Jason Priestley	Drop Dead Diva (HDTV)	Drop Dead Diva (HDTV)	Drop Dead Diva (HDTV)	Drop Dead Diva (HDTV)			
	616 521 39	SHO Relic Hunter	Live at the Rehearsal Hall	The Susan Boyle Story	Paul Potts-Royal	Paul Potts-Royal	Paul Potts-Royal			
	602 523 40	BVO Mozart Decoded	How It's Made	How It's Made	Reba	Reba	Reba			
	520 505 42	DIS Daily Planet (N)	How It's Made	How It's Made	Reba	Reba	Reba			
	575 583 43	CMT Amer. Funniest Home Videos	Party Mamas	Party Mamas	Party Mamas	Party Mamas	Party Mamas			
	601 562 45	SLC Rich Bride Poor Bride	Party Mamas	Party Mamas	Party Mamas	Party Mamas	Party Mamas			
	625 548 46	COM Air Force 22 Minutes	Corner Gas	Corner Gas	Corner Gas	Corner Gas	Corner Gas			
	294 529 47	TBS Family Guy	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne			
	600 564 49	H&G House Hunters	Property Virgin	Million Dollar Listing	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager			
	627 528 50	SPC Stargate Atlantis	Cribs	Cribs	Parent Control	Parent Control	Parent Control			
	581 566 53	MTP Peak Season	Cribs	Cribs	Parent Control	Parent Control	Parent Control			
	618 524 54	TRPV Parking Wars	Cribs	Cribs	Parent Control	Parent Control	Parent Control			
	522 506 55	HS Ancient Discoveries	Cities of the Underworld	Cities of the Underworld	Cities of the Underworld	Cities of the Underworld	Cities of the Underworld			
	129 773 60	CHD Biographies	Ondes de choc	Ondes de choc	Ondes de choc	Ondes de choc	Ondes de choc			
	261 394 61	V Murder, She Wrote	May-December	When I Laugh	Shopping Bags	Shopping Bags	Shopping Bags			
	602 567 62	W Supernanny	Shopping Bags	Shopping Bags	Shopping Bags	Shopping Bags	Shopping Bags			
	269 500 70	APTK Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Rabbit Fall	Rabbit Fall			
	621 527 71	TLN Look-A-Like	TMZ	The Ellen DeGeneres Show (N)	The View (HDTV) (N)	The View (HDTV) (N)	The View (HDTV) (N)			
	603 561 95	FN Ricardo	Exotic	Dinner: Impossible	Hell's Kitchen	Hell's Kitchen	Hell's Kitchen			

**critics'corner**

**Kids in the Hall: Death Comes to Town**

The plot thickens in the sixth installment of this comical murder mystery series. Questions arise about Crim's guilt when Shuckton is rocked by a second murder, and Ricky's investigation turns up not one but two shockers in the new episode "Cause of Death." 9 PM on 8 CBC



**The Good Wife**

Alicia and Diane need to get a wife to testify against her husband in a murder case, but that pesky spousal privilege thing is getting in the way. Speaking of spouses, Peter is back home, attempting to readjust and working on a comeback with his political team in the new episode "Bang." 10 PM on 13 CBS 3 GTV

**Parenthood**

Freely adapted and updated from the 1989 movie comedy of the same title, this new dramedy views family life as reflected by the colorful Braverman clan. In the series premiere, Sarah, a single mom, returns to Berkeley, Calif., to be closer to her family, while brother Adam learns that his son has Asperger's syndrome. 10 PM on 15 CITY 9 NBC





Simon Cowell's, left, makeup artist girlfriend, Mezghan Hussainy, stepped out in public for the first time sporting the whopping engagement ring the American Idol judge gave her after proposing, according to top Popeater. **METRO WORLD NEWS**

## Celebrity Buzz

# Douglas admits he wasn't the best dad

**LIKE FATHER, LIKE SON.** With Cameron Douglas facing 10 years of jail time at his April 27 sentencing on a drug conviction, his father, Michael Douglas, is taking stock of his role in Cameron's upbringing — and sees parallels to his relationship with his own father, Kirk, people.com reports.

"My priorities were very similar (to my father's). Career first," Douglas tells Vanity Fair's April issue in describing Cameron's early years.

When Douglas and his first wife, Diandra Luker, split in

the 1990s, it left Cameron with a largely absent celebrity father — much the same situation that Michael endured when his parents divorced in the 1950s.

"The history of second-generation actors isn't great in our industry. It's kind of a tragic road, actually," says Douglas, who went to rehab

for alcohol problems in the early 1990s. It's a pattern that has continued with the third generation, as Cameron himself was once an aspiring actor.

Cameron, 31, pleaded guilty in January to distributing a large quantity of crystal meth. Michael, 65, has repeatedly put a brave face on how he's been dealing with his son's drug and legal problems.

"Anybody who has a relative or child in substance abuse has some idea of what this feels like. This is one of those worst-case scenarios," says the actor who stars in the upcoming Wall Street: Money Never Sleeps.

**METRO NEWS SERVICES**



# Lambert says he has gone wild with drugs in the past

**ALL'S FAIR IN LOVE AND ROCK AND ROLL.** Adam Lambert is coming clean about the wild life he used to live, telling Britain's News of the World that he "went wild" experimenting with drugs.

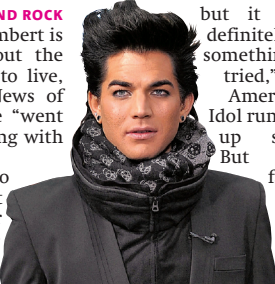
"It didn't get to the stage where it ruined my life or where it was anything too serious

but it was definitely something I tried," the American Idol runner-up says. But he's far

from repentant over his past indulgences.

"There are so many parents who are too conservative in America. There are certain drugs out there that are really fun and recreational and can mean a good time. I'm not an advocate for drugs, but it is all rock and roll and we are all adults."

**METRO WORLD NEWS**



# She doesn't feel worthy

**BUT I'M SURE WAYNE AND GARTH WOULD DISAGREE.** Anne Hathaway doesn't think she deserves her success, femalefirst.co.uk reports.

The 27-year-old actress believes she has been fortunate to land so many big roles, but admits she has often found herself out of her depth when working with

big Hollywood names. She said: "I owe so much of my career to luck. My mother always told me that luck is

preparation meets opportunity and I've been given extraordinary opportunities to work with filmmakers long before I was talented enough and deserved to work with them. I've learned a lot from them. I just keep getting hired. I consider myself lucky and I don't know who is responsible for it."

**METRO NEWS SERVICES**

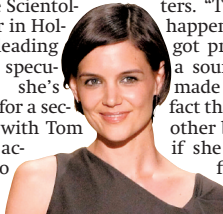


# Holmes 'audit' claims lead to baby speculation

**WILL SURI GET A SCIENTOLOGY-APPROVED SIBLING?**

Katie Holmes is allegedly undergoing intense "auditing" at the Scientology Center in Hollywood, leading sources to speculate that she's preparing for a second child with Tom

Cruise, according to Page Six.



Holmes has been reportedly spending up to four hours at a time in the high-security church headquarters. "This is exactly what happened just before she got pregnant with Suri," a source says. "Tom has made no secret of the fact that he would like another baby. It is almost as if she is being prepared for it."

**METRO WORLD NEWS**

# Jude finally meets daughter

**AND HER FIRST WORDS WERE: CHILD SUPPORT**

Jude Law met with Samantha Burke, the mother of his five-month-old daughter, for the first time since baby Sophia was born, according to the Sun. The two sat down in Miami with Law's lawyer to decide on



plans for how the actor should support the mother and child.

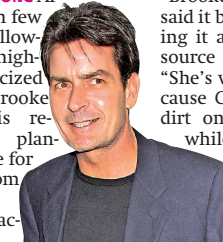
"Jude was very on edge about the meeting," a source says. "The pregnancy wasn't planned but he wants to do the right thing. It's not like he can hide. As soon as Sophia can use the Internet she can find out who her dad is."

**METRO WORLD NEWS**

# Sheen off to splitsville: Report

**THE REAL SHOCK IS THAT IT LASTED SO LONG**

After a rough few months following their highly publicized row, Brooke Mueller is reportedly planning to file for divorce from Charlie Sheen, ac-



cording to Radar Online. "Brooke wants out. She's said it before and she's saying it again right now," a source tells the website. "She's worried though, because Charlie has a lot of dirt on her. Using drugs while raising children is obviously a horrible situation."

**METRO WORLD NEWS**

# Tiger does sex rehab at home

**WERE THE OTHER PATIENTS TOO DISTRACTING?**

Tiger Woods is reportedly back in rehab for sex addiction, only it's not at the Pine Grove facility in Mississippi, where he had been reported to be staying, according to Page



Six. Instead, the embattled golfer is receiving private treatment at a home in Cave Creek, Ariz.

And his wife, Elin Nordegren, has allegedly been there with him. "Elin was with him, but she's heading back to Florida," a source says.

**METRO WORLD NEWS**

Follow these celebrities on Twitter...

## CelebTweets

**KEVIN SMITH** is reeling from a call from Gov. Schwarzenegger, **JUSTIN BIEBER** can concentrate on more than one game at a time, **JESSICA SIMPSON** is offering free romantic advice, and **LILY ALLEN** is helping her pooch recuperate after a fight.

@ThatKevinSmith If you'd have told me that one day Arnold was gonna call me because I was fat, I would've been... well, scared. But he was really nice.

@justinbieber At the laker game with the hockey game on the tv screen. Today is a great sports day. Canada for the gold

@JessicaSimpson You can't love someone else to change them. Happiness comes from accepting who they are. It is our decision to RE-ALLY know who we love.

@lilyroseallen Mabel got beaten up by bigger dogs. She went to doggy hospital, but she's ok.

**METRO NEWS SERVICES**

# Well they both have long hair

**GROHL'S BIOPIC PICK** The proposed Kurt Cobain biopic will undoubtedly proceed without his blessing, but Dave Grohl, former Nirvana band mate and Foo Fighters frontman, is taking a stand when it comes to who should portray him, people.com reports.

"I don't know about anyone else, but I'm crossing my fingers that Shelley Duvall plays me," the musician deadpans to People.

**METRO NEWS SERVICES**



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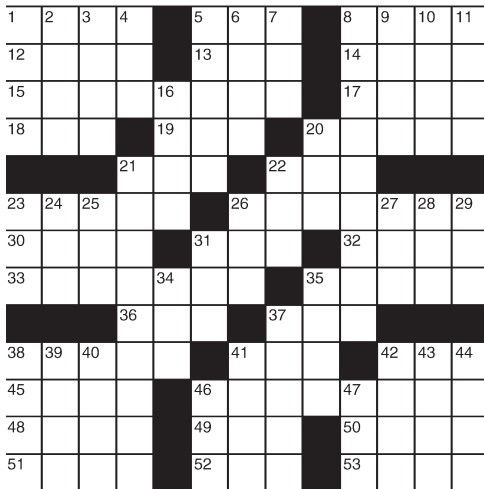
EST. 1896





For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)

## Take Five



### ACROSS

1 Just adorable  
5 Potential syrup  
8 Heavy reading  
12 Somewhere out there  
13 Big bother  
14 Suitable  
15 Highly rated  
17 Incite  
18 "Guinness Book" suffix  
19 URL ending, often  
20 Uncouth  
21 — Francisco  
22 Marshy area  
23 Playwright Chekhov  
26 Need  
30 Stead  
31 No mere mist  
32 Notion  
33 Panic-stricken  
35 Take for one's own  
36 Wall Street average  
37 Previous night  
38 Jazz style  
41 Grand —, N.S.  
42 Twosome

45 Beige  
46 Lasting 60 minutes  
48 Carpet type  
49 Dadaist pioneer  
50 Arab commander  
51 "Poppycock!"  
52 Still  
53 Townshend or Sampras

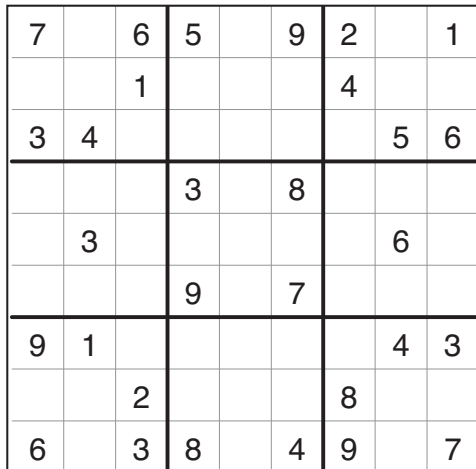
### DOWN

1 Eatery  
2 Roswell sightings  
3 Lacking slack  
4 Show fallibility  
5 Humpty Dumpty — a wall  
6 Leading man?  
7 — favor, señor  
8 Sightseers' aide  
9 Gumbo ingredient  
10 Periodicals, briefly  
11 Spuds' buds  
16 Read bar codes  
20 — au vin  
21 Old-time prospector  
22 Plead  
23 Carte lead-in  
24 Zilch  
25 Afternoon social  
26 Scepter  
27 Altar affirmative  
28 Agt.  
29 Corrode  
31 A handful  
34 Unruly hair  
35 State with confidence  
37 Burst forth  
38 Number one  
39 Reverberate  
40 Support group?  
41 Skin opening  
42 Round top  
43 Troop group  
44 Shrek, for instance  
46 Dinner for Dobbin  
47 You can't stand to have it

### Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

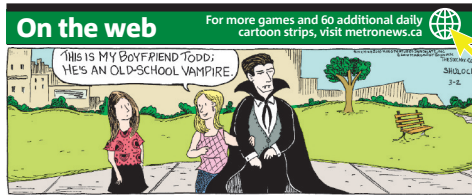
**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	1	4	6	9	8	2	7	3
7	9	8	3	2	1	6	5	4
3	6	2	7	4	5	9	1	8
1	8	9	4	6	7	3	2	5
4	7	3	5	1	2	8	9	6
6	2	5	9	8	3	1	4	7
9	3	6	1	7	4	5	8	2
2	5	7	8	3	9	4	6	1
8	4	1	2	5	6	7	3	9



## Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)

For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

### ARIES

**MARCH 21-APRIL 20**  
Why are you always talking at cross purposes with other people? Is it your fault or theirs? Make allowances for others — and for yourself.

### LIBRA

**SEPT 23-OCT 23**  
You will receive some valuable news today. It will be more valuable still if you stop and think before cashing it in. Knowledge can be saved and grown.

### TAURUS

**APRIL 21-MAY 21**  
You may now regret some of the things you said over the past few days. On the other hand, others respect you more when you speak your mind.

### SCORPIO

**OCT 24-NOV 22**  
If you must be critical of someone today at least be positive about it. The idea is not to make them feel bad about themselves.

### GEMINI

**MAY 22-JUNE 21**  
Today's aspect between Mercury, your ruler, and quarrelsome Mars means you will speak your mind no matter what the consequences might be.

### SAGITTARIUS

**NOV 22-DEC 21**  
Current aspects make you feel good but they also make you a bit lazy, so make an effort to do something with today's helpful cosmic rays.

### CANCER

**JUNE 22-JULY 22**  
You may not understand the significance of recent events but you do understand that you have been wasting your money on things you really don't need.

### CAPRICORN

**DEC 22-JAN 20**  
If you were too cautious yesterday then you can be more daring today. It is still unwise to gamble with money — either your own or other people's.

### LEO

**JULY 23-AUG 23**  
You have so much energy at your disposal at the moment that it's hard to decide what to do with it all. For best results try to focus on just one task.

### AQUARIUS

**JAN 21-FEB 18**  
You may want to get away from your current environment but you won't be able to. Whatever is keeping you in one place must be faced and dealt with.

### VIRGO

**AUG 24-SEPT 22**  
So many things to do and so little time in which to do them. Is that how you feel? If so, the obvious thing to do is to cut back on your commitments.

### PISCES

**FEB 19-MARCH 20**  
If you don't understand what is taking place around you at the moment try looking back over the past few months for some clues.

## Metro Recipe of the Day



### Greek Salad with Tahini Dressing

#### INGREDIENTS:

7 oz (200 g) feta cheese  
1 small romaine lettuce, torn  
1/2 cucumber, halved lengthwise and sliced  
12 oz (375 g) large plum tomatoes, sliced  
1 small red onion, halved and thinly sliced  
20 pitted black olives  
4 tbsp (60 mL) extra virgin olive oil  
1 tbsp (15 mL) tahini  
1 tbsp (15 mL) lemon juice  
4 large sprigs of fresh flat-leaf parsley

#### METHOD:

1. Remove feta from package, drain liquid and put into small bowl of cold water. Leave to soak while preparing salad.  
2. Divide lettuce among

four individual serving plates, then top with cucumber, tomato and red onion slices. Scatter with olives.  
3. Whisk oil, tahini, lemon juice and some ground black pepper in bowl or shake in screw-top jar. Scissor-snip parsley into dressing.  
4. Drain feta cheese and crumble into small pieces. Scatter two-thirds over salads. Drizzle dressing over salads, then scatter with remaining feta. Serve at room temperature.

**SERVES 4**

[rd.ca](http://rd.ca)

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



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